



A Gift of Liberation  
Course Five—The Seven Doors to Meditation  
Homework, Class Five: Before a Burning Bush

1) What are three metaphors given by the wise ones of the past to describe the importance of preparing properly for a meditation session?

2) Why does Pabongka Rinpoche compare the Seven-Part Practice to a wagon? And what would be a modern equivalent of this metaphor?

3) There are 10 traditional benefits of doing prostrations. Give any five of these here.

(a)

(b)

(c)

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(d)

(e)

4) Where has the whole idea of doing prostrations come from? Please reference a certain “burning bush.”

5) How does the first of the seven parts relate to the practice of yoga? How would we apply it to our own daily yoga?

6) How can the practice of prostration be related to Balanchine’s instructions for ballerinas throughout the day at home?

Coffee shop assignment: Please meet with at least one other person—or better, a group of people—whom you didn’t know well before this teaching; do your homework together and discuss together any questions you have. Please write here where, when, and with whom you did your homework:

Meditation assignment: 15 minutes early in the day practicing again the progression of three preliminary meditation

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practices: from (1) total immobility to (2) counting the breath to (3) watching whether thoughts that naturally arise in our mind are focused on the past, the present, or the future. Then for 15 minutes later in the day do a simple meditation visualizing your own Heart Teacher sitting quietly in front of you. Please write here the two times that you started these meditations.